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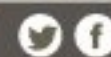
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Your essential daily news | TUESDAY, JANUARY 3, 2017

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TIM QUERENGESSER/METRO

Spirits in the West

Edmonton is the next stop in a distillery revolution sweeping Alberta

metroNEWS

INVESTIGATION

Road rage leads to stabbing



**Alex
Boyd**
Metro | Edmonton

Police are looking for witnesses to a violent road rage incident in central Edmonton late last month that left a man with stab wounds.

Just before midnight on Dec. 17, officers were called out to an alleged road rage incident in the area of 75 Street and 78 Avenue, near Bonnie Doon.

According to police spokesperson Noreen Remtulla they arrived to find an "altercation" between two drivers had left one man severely injured with stab wounds.

Emergency Medical Services responded and treated the 37-year-old on scene and took him to hospital with non-life-threatening injuries.

The culprit fled before police arrived on scene, but the vehicle is described as a silver or grey pick-up truck.

Remtulla said that the investigation is ongoing, so police aren't releasing any more details.

But they are asking anyone who saw the stabbing happen, or has more information, to contact them or Crime Stoppers.



VS



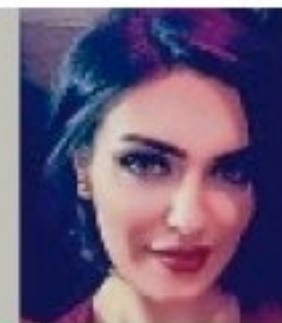
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Legal uncertainty keeps cannabidiol off shelves

VAPING

Substance not psychoactive, used for pain, and anxiety



Kevin Maimann
Metro | Edmonton

Some Edmonton vape shops are pulling products containing a substance derived from cannabis, amid confusion over its legality.

Cannabidiol, or CBD, is illegal for anyone to purchase without a prescription, under the federal Controlled Substances and Drugs Act. The substance is not psychoactive — it's tetrahydrocannabinol (THC) and not CBD that gets users high — which may be where the confusion comes in.

Until late December, Digital Imports carried CBDfx, a vape additive derived from hemp plants that contains concentrated CBD, with the understanding that it was legal.



Even if you take a lot of it, you're not getting stoned or high.

Ben Joy Dola



Some vape shop owners are uncertain about the legality of CBD. JENNIFER GAUTHIER/METRO FILE

However, after contacting the California-based manufacturer, store manager Ben Joy Dola decided to stop selling it, for now at least.

"They suggested to pull it off of our shelves for safety," he said. "There's a law that will come out any time soon ... so we'll just have to wait. We'll hopefully bring it back if it's legal."

Dola said the product was

popular among customers suffering from pain and anxiety. CBD is also used as a treatment for patients with certain forms of epilepsy.

He said he has used it to ease back pain, and his wife has used it for insomnia.

"It is a popular product," Dola said. "It's an alternative medication. Even if you take a lot of it, you're not getting stoned

or high."

The federal government has promised to legalize marijuana for recreational use in spring, which has added to the uncertainty for some.

Other shops Metro contacted, including Drip Glass and Vape and Liberty Vape, said they do not carry products with CBD but declined further comment.

The federal government intro-

duced legislation in November to regulate vaping products and restrict sales to youth, as well as restricting certain flavours that appeal to youth.

Meanwhile, medical marijuana advocates are pushing for greater acceptance of CBD in the workplace, and some workers say they have been fired for using medical cannabis with a prescription.

DRYWALL

Tariffs create jobs, up prices

Anti-dumping duties on U.S. drywall imports into Western Canada have hiked prices for the building product but have also resulted in new manufacturing jobs, says the company whose complaint prompted the trade tariffs.

CertainTeed Gypsum Canada has added about 30 employees since duties began in September at its drywall plants in Vancouver, Calgary and Winnipeg to boost production, said spokesman Mike Loughery in an email.

The Canadian International Trade Tribunal is scheduled to rule Wednesday on whether imports of drywall or gypsum board from the United States have injured the western Canadian industry, with reasons for the decision to follow 15 days later.

Kevin Sheptycki, assistant business manager with the Boilermakers union that represents CertainTeed workers, said the jobs prove the duties are working and must be continued.

But Neal Pollock, spokesman for the Western Canada Alliance of Wall and Ceiling Contractors, said the duties are causing significant harm to the construction industry and should be removed.

He said contractors report increases in drywall prices of between 30 per cent in Alberta and 55 per cent in B.C., costs they have had to absorb under contracts signed before the duties began.

THE CANADIAN PRESS

NEW

IN THURSDAY'S Edmonton metro

Edmonton's best source of real estate information, **Real Estate Weekly**, has found a new home in Thursday's Metro. Now, every Thursday, when you pick up Metro, you'll turn the page and open the door to a world of unmatched residential and commercial opportunities through the expert offerings of **Real Estate Weekly**.

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The **Real Estate Weekly** is owned by the REALTORS® Association of Edmonton and has been around since 1984. **Real Estate Weekly** includes new MLS® System Listings in each issue, making it the paper with the most real estate.

Three BIG questions about the carbon tax

There's a lot of hot air out there. Here's what you need to know.

ALEX BOYD METRO

Love or hate it, the carbon tax is here: The government's attempt to entice Albertans to contribute less to global climate change kicked in January 1.

The new levy puts a price on fuels that emit greenhouse gases. It's \$20 per tonne of carbon emissions, and will rise to \$30 in 2018.

The government estimates it'll cost the average family with two kids an extra \$338 in heating and gas. But it's complicated: People making \$47,500 or less, and families who earn \$95,000 or less will receive full rebates.

1. What will cost more?

Some — but not all — things are more expensive now, most noticeably fuel for vehicles and home heating. On New Year's day the price at the pump increased by 4.5 cents per litre.

The indirect costs are murkier. Paige MacPherson, Alberta director of the Canadian Taxpayer Federation, describes the new levy as a tax on everything that moves. "Depending on the item the cost could be larger or smaller, but it is a cost increase — but on the goods that are shipped," she said.

But Mike Hudema, a climate and energy campaigner with Greenpeace Canada, argues the increases will be minor.

"The opposition likes to lump all of those price



The new Alberta carbon tax has some worried about a jump in prices at the pump. THE ASSOCIATED PRESS

increases together and put them on the carbon tax, which is completely untrue," he said.

2. Where's the money going?

Alberta has predicted the tax will raise \$9.6 billion over the next five years. The government says roughly two-thirds of that will help diversify the economy by paying for things like green energy projects and infrastructure.

The rest will ease the transition by funding carbon rebates, helping coal

communities shift and cutting taxes on small business.

"I think the one thing that keeps getting left out of the conversation, is that the carbon levy is a huge job creation program," Hudema said. He added that the "substantial" number of potential new jobs are especially important with so many out of work.

But MacPherson takes issue with the money earmarked for helping companies pursue green policies.

"A lot of (people) don't realize that a large part is going out to big emitters,

like big oil companies, in corporate welfare," she said. "You're effectively using that carbon tax revenue to hand out big subsidies."

3. Will this tackle climate change?

MacPherson is unconvinced the carbon price will have an affect on climate change. She said President-elect Donald Trump is unlikely to create a carbon tax south of the border.

"That makes a pretty big statement, especially since

they're one of the biggest emitters in the world," she said.

But Hudema said Alberta is now among several dozen countries that have created carbon prices, and the federal government is requiring all provinces have something similar by next year.

"When you start seeing our houses that are leaking energy and leaking dollars all the time suddenly being made more efficient, and seeing money put into sustainable transport and infrastructure ... that's where I think we'll start to see some of the benefit," he said.

CARBON TAX

Gas rises 4.5¢ in Alberta

Alberta Environment Minister Shannon Phillips said the province was "still standing" a day after its carbon tax took effect, and Albertans who opposed the levy could start seeing rebate cheques within days.

But Opposition Wildrose critic Don MacIntyre said the majority of Albertans continue to oppose the tax, and that the science isn't settled on whether humans are responsible for the majority of climate change.

The tax officially began Sunday, adding 4.5 cents per litre of gasoline at the pumps as well as hiking costs for home heating.

Phillips held a news conference Monday where she addressed what she felt was "misinformation" about the levy, a day after deputy premier Sarah Hoffman held a similar media availability in the legislature building. "There is no doubt this is a large change for Alberta. It's a large change with large rewards, and it is completely fair for ordinary Albertans (to) have questions," Phillips said.

Like Hoffman a day earlier, Phillips stressed the link between the NDP government's new tax on carbon and the Prime Minister Justin Trudeau's approval of the Trans Mountain pipeline expansion in November.

MacIntyre, however, said pipelines were still built before there were carbon taxes, and that pipeline approvals should be based on scientific merit by the National Energy Board rather than politics.

"It is a rather typical move on the part of a socialist government to tax its businesses into insolvency and its people into poverty and then offer us a crumb or two of our own money and expect us to be grateful. Well, we're not," MacIntyre said.

THE CANADIAN PRESS

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Local spirits are rising

BUSINESS

Distillers ready to take on the heavy hitters



Kevin Maimann
Metro | Edmonton

A distillery boom that's hitting Alberta is built on a sense of camaraderie and a shared goal of taking on multinationals.

Edmonton's first two distilleries opened within days of each other in December, joining more than a dozen that have popped up across the province since the Alberta Gaming and Liquor Commission eased regulations for distilleries in 2013.

Adam Smith, who owns Strathcona Spirits at 10122 81 Ave., said he's received invaluable help from other distilleries.

"It's kind of one of those situations (where) a rising tide floats all boats. There's so much market available to small distilleries now, there's so much interest in supporting things that are happening in

the community," he said.

"Ninety-eight per cent of the market is the multinational alcohol groups in spirits and beer. We just need to eke out a tiny, tiny percentage of what they're doing."

Smith hopes to carve out a customer base through community partnerships, especially in the local arts scene.

Indeed, he formerly ran a music venue called Baby Seal Club in the building that now holds the distillery.

Smith supplies eight stores and three restaurants with Badland Seaberry Gin — made with berries picked in Edmonton — and Single Grain Vodka, made with wheat grown 20 kilometres south of the distillery.

Shayna Hansen and her husband Kris Sustrik at Hansen Distillery, 17412 111 Ave., do off sales and cocktails in their front room, and the heavy work in the back.

The couple makes vodka, gin, rye and moonshine, largely using locally sourced ingredients.

Hansen's family has a long tradition of distilling, going back to her great grandparents,



Adam Smith is part of a new wave of Calgarians flourishing in the distillery business. TIM QUERENGESSER/METRO

but she's the first one to open a proper distillery.

Like Smith, the pair has benefited from kinship in the distilling community.

"We go around and like to

meet everybody.

"And when people come into our store we tell them about the other distilleries, and hope that they can go and visit them as well," Hansen said.

GEOLOGY

Sole ammolite mine boosts production



Aaron Chatha
Metro | Calgary

The world's only ammolite mine, located here in Alberta, is expanding production.

If you're unfamiliar with the striking, multi-coloured rock, ammolite is an organic gemstone created by the fossilized remains of ancient sea creatures.

"As they died, they floated down to the bottom of the ocean floor and were covered by volcanic ash from activity in this area," explained Jay Maull, president of Korite, the company that owns the mine. "It either preserved the colours or changed the colours — we don't know."

A small pocket of land near Lethbridge is the only known place ammolite is found in the world. Korite has been around 35 years, turning the gem into jewelry. It's opening up eight more acres of land to mine. Currently, annual production sits at

six million carats — but that will increase by two million by the end of the year.

"We're expanding quite rapidly. We needed to expand the mine to keep up with demand," said Maull. The expansion will create more jobs, and advertise Calgary globally.

"We do our part to bring awareness of Calgary, Alberta and Canada to people all over the world," Maull said, indicating the product is sold in 28 countries, but its source is linked back to Calgary.

Korite just kicked off a deal in November to bring ammolite to Chinese consumers, as part of a Calgary Economic Development trade mission. The company also partnered with the Stampede to sponsor the Stampede Royalty last year and will continue this year.

"Calgary is our home, this is where we're from, this is where the company started. It's 100 per cent Canadian-owned, we're here to stay and to grow with the demand," Maull stated.



We're here to stay and grow with the demand.

Jay Maull

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IMPORTANT NOTICE

City of Edmonton Property Assessment 2017

Notice is hereby given that the City of Edmonton mailed 2017 property assessment notices to all Edmonton property owners today.

The assessment notices have been prepared in accordance with provincial legislation, under the Municipal Government Act, R.S.A. 2000, c. M-26, as amended. The Property Assessment Roll of the City of Edmonton for all properties is open for inspection during business hours at the Assessment and Taxation Customer Service Centre located on the Main Floor, Chancery Hall, 3 Sir Winston Churchill Square, Edmonton, AB T5J 2C3.

Steps to take if you don't agree with your assessment

The assessed value of your property determines your share of provincial education and municipal property taxes. Upon receiving your assessment notice, consider taking the following steps:

Online resources. Visit edmonton.ca/assessment for general and property-specific assessment information.

One-on-one support. Call **311** (780-442-5311, if outside Edmonton)

Formal complaint. If you disagree with your assessment, you can file a formal complaint, along with the filing fee, with the Assessment Review Board. You can do so online at arb.edmonton.ca, in person or by mail to Clerk of the Assessment Review Board, Main Floor, Churchill Building, 10019 103 Avenue NW, Edmonton, AB T5J 0G9. The filing deadline is 4:30 p.m. on March 13, 2017.

Edmonton

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Experts on edge over free entry for Canada's 150th

BIRTHDAY BASH

Nature lovers sound alarm for national parks in 2017

Parks Canada is preparing for an increase in visitors this year as people across the country and around the world request free annual passes to explore the nation's natural treasures as part of Canada's 150th anniversary celebration.

Conservationists say it is important for people to connect with nature, but there are concerns about how more tourists may affect the ecological integrity of some of the more popular parks.

Ben Gadd, a retired nature guide and author of Handbook of the Canadian Rockies, said he is worried about increased vehicle traffic.

"Clearly the highway system in the mountain parks — it is going to be terrible next summer



A video address by Prime Minister Justin Trudeau during New Year's Eve celebrations that kicked off Canada 150 on Parliament Hill in Ottawa. TORSTAR NEWS SERVICE

all summer long," said Gadd.

"When you have that situation and animals trying to cross there are going to be more accidents, more animals killed."

Gadd said he is also concerned about crowded attractions, trash and people feeding or getting too close to wildlife.

He hopes there are enough staff to properly maintain the parks and to explain the rules to visitors, especially newbies.

According to Parks Canada, more than 900,000 people ordered a free Discovery Pass in the first two weeks after they became available last month.

The government predicts visits to national parks, historic sites and marine conservation areas will top last year's attendance of about 24.5 million.

Eric Hebert-Daly, national executive director of the Canadian Parks and Wilderness So-

ciety, said the Parks Canada plan is a good idea in principle, but there are some dangers.

Some parks such as Banff, Jasper and the Bruce Peninsula in Ontario are already very busy. Adding more people could take away from their grandeur, he said.

There are also not enough wardens and scientists to monitor the health of the parks, he said. THE CANADIAN PRESS

EQUAL VOICE

Showing Canadians a different Parliament



Ryan Tumilty
Metro | Ottawa

As Canada marks 150 years as a country, Equal Voice is hoping to show us what a dramatically different Parliament could look like.

The organization, which encourages women to run federally, is bringing 338 young women from across the country to literally take a seat in Parliament on March 8, as part of a conference called Daughters of the Vote.

Jasmine van Schouwen, a law student at the University of Ottawa will represent her riding of Kanata-Carleton at the event. She said she hopes the event will show that there are women interested in office.

"There is a big myth that there aren't women who are qualified or interested in taking political office," she said. "It will be a beautiful image to see that there are women who are ready to take these positions."

Currently, women occupy 26 per cent of the seats in parliament. Van Schouwen said that low representation leaves a lot

of issues off the agenda.

"It means that women's issues are often simply not discussed, but it also means that young girls don't have women to look up to."

She said, even if just briefly, having every seat in Parliament occupied by a woman will show the system can change and be more representative.

Mary-Anne Carter, co-chair of the National Capital Region chapter of Equal Voice, said the event will include more than just the day in Parliament, but events designed to give women the tools to actually run for office.



Jasmine van Schouwen will represent the Kanata-Carleton riding during the Daughters of the Vote Conference. CONTRIBUTED

NEW



IN THURSDAY'S

Edmonton metro

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At least 56 killed in prison riot

BRAZIL

Some victims were beheaded, dismembered

An attack by members of one crime gang on rival inmates touched off a riot at a prison in the northern state of Amazonas, leaving at least 56 dead, including several who were beheaded or dismembered in the worst bloodshed at a Brazilian prison since 1992.

Authorities said the riot that raged from Sunday afternoon into Monday morning grew out of a fight between two of the country's biggest crime gangs over control of prisons and drug routes in northern Brazil.

In a separate incident Monday evening, four inmates were killed at another Amazonas prison. Police were investigating whether there was a connection between the mass killings at the Anisio Jobim Penitentiary Complex and the later ones at Unidade Prisional do Puraquequara.

Amazonas authorities initially reported 60 dead in the Anisio Jobim prison in Manaus, but the state public security



The wife of a prisoner who was killed in a riot cries outside Anisio Jobim Penitentiary Complex in Manaus, Brazil, on Monday. EDMAR BARROS/FUTURA PRESS VIA THE ASSOCIATED PRESS

secretary's office later reduced that figure to 56. Officials also said 112 inmates escaped during the riot.

There were 1,224 inmates in the prison, which was built to hold 592, Amazonas state public security's office said. The prison is run by a private company that is paid accord-

"I never saw anything like that in my life. All those bodies, the blood."

Judge Luis Carlos Valois

ing to the number of inmates.

Twelve prison guards were held hostage by the inmates during the riot, though none was injured.

"This is the biggest prison massacre in our state's history," Public Security Secretary Sergio Fontes said at a news conference. "What happened

here is another chapter of the war that narcos are waging on this country and it shows that this problem cannot be tackled only by state governments."

Fontes confirmed that many of the dead had been beheaded. Judge Luis Carlos Valois, who negotiated the end of the riot with inmates, said he saw many bodies that had been quartered.

Two other prisons in Manaus also reported riots since Sunday. At one, 72 prisoners escaped, including an inmate who posted a picture of himself on Facebook as he left. Amazonas police were also looking for any links between those two incidents and the riot at Anisio Jobim.

Authorities said that of the 184 inmates who escaped Amazonas prisons the last two days, only 40 had been recaptured.

Fontes said the inmates at Anisio Jobim made few demands to end the riot, saying that hinted at a killing spree organized by members of a local gang, the Family of the North, against those of the First Command of the Capital that is based in Sao Paulo.

THE ASSOCIATED PRESS

ISRAEL

Netanyahu grilled on corruption allegations

Israeli Prime Minister Benjamin Netanyahu was grilled by police investigators for over three hours at his official residence Monday night, opening what could be a politically damaging criminal investigation into suspicions that he improperly accepted gifts from wealthy supporters.

Netanyahu has repeatedly denied wrongdoing, but the involvement of the national fraud squad indicated questions raised about him are considered serious enough to merit an investigation. Police said Netanyahu was questioned "under caution," a term signalling that anything he said could be used as evidence against him.

Israel's Justice Ministry later issued a statement saying Netanyahu was questioned "on suspicion of receiving benefits from business people."

Netanyahu has denied what he calls "baseless" reports about the investigation.

THE ASSOCIATED PRESS

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BAGHDAD

Dozens killed in bombing

A suicide bomber driving a pick-up loaded with explosives struck a bustling market in Baghdad on Monday, killing at least 36 people in an attack claimed by Daesh hours after French President Francois Hollande arrived in the Iraqi capital.

The bomb went off in a fruit and vegetable market that was packed with day labourers, a police officer said, adding that another 52 people were wounded.

During a press conference with Hollande, Prime Minister Haider al-Abadi said the bomber pretended to be a man seeking to hire day labourers. Once the workers gathered around, he detonated the vehicle.

Daesh claimed the attack in a statement circulated on a militant website often used by the extremists. It was the third Daesh-claimed attack in as many days in and around Baghdad, underscoring the lingering threat posed by the group despite a string of setbacks elsewhere in the country over the past year, including in and around the northern city of Mosul.

Shiite militiamen loyal to Muqtada al-Sadr, the firebrand cleric for whose family the neighbourhood is named, were seen evacuating bodies in their trucks before ambulances arrived. Dead bodies were scattered across the bloody pavement alongside fruit, vegetables and labourers' shovels and axes. A minibus filled with dead passengers was on fire.

Asaad Hashim, an owner of a mobile phone store nearby, described how the labourers pushed and shoved around the bomber's vehicle, trying to get hired.

"Then a big boom came, sending them up into the air," said the 28-year-old, who suffered shrapnel wounds to his right hand. THE ASSOCIATED PRESS



Mourners carry the flag-draped coffin of one of the victims of the attack at a nightclub on New Year's Day on Monday in Istanbul. Turkey's state-run news agency says police have detained eight people in connection with the attack. EMRAH GUREL/THE ASSOCIATED PRESS

New Year's attack marks beginning of 'open war'

TURKEY

Daesh claims responsibility for shooting in Istanbul club

Daesh claimed responsibility Monday for a mass shooting at an Istanbul nightclub that killed 39 people, most of them foreign tourists, including a Canadian woman, who were ringing in the new year. It was the first claim of its kind for Daesh in Turkey.

The group said Christian revellers were targeted in response to Turkish military operations against Daesh in northern Syria. The claim came after a Daesh

propaganda video urging attacks on Turkey, which is home to an airbase used in the U.S.-led effort against Daesh in Syria and Iraq. Nearly two-thirds of the dead in the upscale club, which is frequented by local celebrities, were foreigners, Turkey's Anadolu Agency said. Many of them hailed from the Middle East.

Citing Justice Ministry officials, Anadolu reported that 38 of the 39 dead have been identified. The report said 11 of them were Turkish nationals, and one was a Turkish-Belgian dual citizen.

The report says seven victims were from Saudi Arabia; three each were from Lebanon and Iraq; two each were from Tunisia, India, Morocco and Jordan. Kuwait, Canada, Israel, Syria and

Russia each lost one citizen.

The nightclub assailant, armed with a long-barrelled weapon, killed a policeman and a civilian early Sunday outside the Reina club before entering and firing at some of the estimated 600 people inside.

Daesh group boasts of having cells in Turkey, regularly issues propaganda in Turkish and is believed to have hundreds of Turks in its ranks. But until now, the main act of aggression it had claimed in Turkey was the March 2016 killing of a Syrian journalist and an attack on riot police in the province of Diyarbakir, which Kurdish militants also claimed.

For some analysts, the claim of responsibility signalled a shift in Daesh strategy in Turkey, a

predominantly Muslim nation.

"It's a new phase," security analyst Michael Horowitz said. "What we saw before was an undeclared war, and now we're entering an open war."

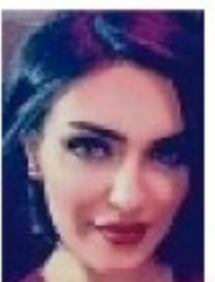
The Daesh claim said only that the attacker was a "soldier of the caliphate" who struck to "let infidel Turkey know that the blood of Muslims that is being shed by its airstrikes and artillery shelling will turn into fire on its territories."

By attacking as the nation was celebrating the new year, the group indicated that it intends to continue being a "scourge" against Turkey in 2017, said Turkish Deputy Prime Minister Numan Kurtulmus.

THE ASSOCIATED PRESS

Canadian victim named

The Canadian killed in the New Year's attack on an Istanbul nightclub has been identified as Alaa Al-Muhandis, from Milton, Ont.



Alaa Al-Muhandis

Several media outlets are reporting that the mother of two was among the 39 killed when a gunman opened fire at a popular Turkish club during New Year's celebrations.

In a statement Sunday, Prime Minister Justin Trudeau confirmed that a Canadian had been killed in the attack and offered his condolences to the "families and friends of all of the victims of this horrible act."

On Twitter, Milton MP Lisa Raitt gave her "sincere condolences to Alaa Al-Muhandis's family and neighbours."

TORSTAR NEWS SERVICE

IN BRIEF

Scarface the dog attacks family over sweater

Police in Florida say a dog named Scarface attacked a family who tried to put a sweater on it. Tampa police say the pit bull mix bit a 52-year-old woman who was trying to dress it and her husband was attacked while pulling the dog off her. The couple's 22-year-old son was attacked trying to stop the dog by stabbing it in the neck and head. The three escaped the house and left the dog in the backyard. They ended up in hospital. THE ASSOCIATED PRESS

ALABAMA

Band marches toward inauguration controversy

The marching band of Alabama's oldest private, historically black liberal arts college has accepted an invitation to perform at President-elect Donald Trump's inaugural parade, organizers said.

Talladega College's band will march at Trump's inauguration as other historically black schools such as Howard University, which performed at President Barack Obama's first inaugural parade, said they won't be marching in the Jan. 20 event.

"We were a bit horrified to hear of the invitation," said Shirley Ferrill of Fairfield, Alabama, a member of Talladega's Class

of 1974.

"I don't want my alma mater to give the appearance of supporting him," Ferrill said of Trump on Monday. "Ignore, decline or whatever, but please don't send our band out in our name to do that."

The move has lit up Talladega College's social media sites with a sharp debate about the band's decision to participate in the parade. Some people voiced strong opposition, while others support the band's participation.

"After how black people were treated at Trump's rallies, you're going to go and shuck and jive

down Pennsylvania Avenue? For what?" Seinya SamForay said in an interview. "What they did is a slap in the face to other black universities." SamForay, of Chicago, was among dozens of people commenting on the school's social media sites.

The Presidential Inaugural Committee announced Friday that the Talladega College Marching Tornadoes was among 40 groups, including high school bands and military organizations, scheduled to perform in the parade. Some members of the Marist College band in upstate New York, also scheduled to

perform at the inauguration, say they won't participate, a school spokesman said Monday.

Ron White of Atlanta, a 1997 graduate of another historically black college, Fort Valley State University in Georgia, said he questioned why band members from Talladega "should be playing all these patriotic tunes for someone who has degraded us."

At the same time, though, White said he respects the office of the president and he hopes that Talladega's band does well.

"What they should do in my opinion is play that national anthem the best way they've

ever played it in their life, because you're basically saluting the country," White said in an interview.

The nation's historically black colleges and universities instill in students the idea that "ignored behaviour is condoned behaviour," said Reese Walker of Memphis, who marched in the band at Mississippi Valley State University. That's one reason he doesn't think Talladega College should participate.

Talladega College officials haven't returned several phone calls and emails seeking comment. THE ASSOCIATED PRESS

UNEMPLOYMENT

Finland to pay basic income to the jobless

Finland has become the first country in Europe to pay its unemployed citizens a basic monthly income, amounting to 560 euros (\$587), in a unique social experiment that is hoped to cut government red tape, reduce poverty and boost employment.

Olli Kangas from the Finnish government agency KELA, which is responsible for the country's social benefits, said Monday that the two-year trial with the 2,000 randomly picked citizens who receive unemployment benefits kicked off Jan. 1. Those chosen will receive 560 euros every month, with no reporting requirements on how they spend it. The amount will be deducted from any benefits they already receive.

The average private-sector income in Finland is 3,500 euros per month, according to official data.

Kangas said the scheme's idea is to abolish the "disincentive problem" among the unemployed.

The trial aims to discourage people's fears "of losing out something", he said, adding that the selected persons would continue to receive the 560 euros even after receiving a job.

A jobless person may currently refuse a low-income or

8.1%

The unemployment rate of Finland stood at 8.1 per cent in November with some 213,000 people without a job — unchanged from the previous year.

short-term job in the fear of having his financial benefits reduced drastically under Finland's generous but complex social security system.

"It's highly interesting to see how it makes people behave," Kangas said. "Will this lead them to boldly experiment with different kinds of jobs? Or, as some critics claim, make them lazier with the knowledge of getting a basic income without doing anything?"

The scheme is part of the measures by the centre-right government of Prime Minister Juha Sipilä to tackle Finland's joblessness problem.

Kangas said the basic income experiment may be expanded later to other low-income groups such as freelancers, small-scale entrepreneurs and part-time workers.

THE ASSOCIATED PRESS



Visitors look on as a robot makes coffee with a Bonavita pot during the first day of the Consumer Electronics Show (CES) in Shanghai on May 11, 2016. AFP/GETTY IMAGES

What to expect from technology in 2017

CONSUMER ELECTRONICS

TVs, cars and more virtual reality in this year's show

When the annual Consumer Electronics Show takes over Las Vegas on Thursday, the state of our technological nation will be on full display through countless devices and gizmos.

Everything from new product unveilings to decrees from industry associations to all sorts of goofy gadgets are sure to capture the technorati's attention —

at least for a nanosecond until they move onto the next bright shiny object. There may be some true innovations, but technology really is a copycat culture, with electronics companies striving to make sure they at least match their competitors, products lines, and, hopefully, improve on them. In many cases, it's evolution not revolution. Here are some of the things we expect to see.

SCREEN SCENE

Despite the proliferation of screens of all sizes, televisions are still a huge part of CES. Though the top-end TVs might steal the show, the exposition is also the place to watch for what real people may be going to buy.

This year, 4K will become the standard base model for a lot of manufacturers. There will also likely be more discussion of High Dynamic Range, which is the technology that enhances the colour spectrum on TVs. Currently, there are two competing standards, Dolby Vision and HDR 10. Possibly something will shake out at the CES and one standard can be decided on.

IT'S THE WHEEL DEAL

CES has become more and more of an auto show, with high-tech concept cars and likely plenty of announcements surrounding self-driving car technology expected this year.

Beyond the goal of a driverless

car, there will likely be plenty of announcement of new in-car tech and dashboard apps and several car manufacturers and their technology partners.

REALITY, VIRTUAL OR REAL With the first wave of headsets out there, the big news will likely be around content, with some of the main players announcing deals to bring more stuff to people who strap on their headsets.

Pokemon Go was this year's breakthrough augmented reality app, but proponents of the technology have huge hopes about how it can change the way we interact with the world.

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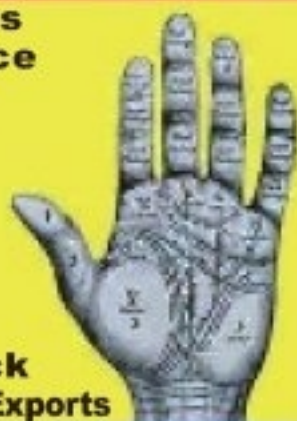
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BRENT TODERIAN ON HOW MATH CAN HELP BUILD GREAT CITIES



The math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

First, an admission — when I was in school, math was my least favourite subject.

But these days, as someone who advises cities and best-practice developers around the world on what I call “advanced urbanism,” math just might be my favourite thing to talk about.

That's because when it comes to designing and building smarter and more successful places, we understand more about the quantifiable science of cities — the “math of city-making” if you will — than ever before.

When it comes to great cities, I'm the first to point out that not all that counts can be counted. But most of the things we can count lend support to smarter ways of thinking about how our cities grow and change. To be blunt, the math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

Here are just a few examples:

■ A common political argument is that bike and transit riders should “pay their own way.” A study in Vancouver, however, suggested that for every dollar we individually spend on walking, society pays just one cent. For bik-

Over the last decade, Canadian cities have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs.

ing, it's eight cents, and for bus-riding, \$1.50. But for every personal dollar spent driving, society pays a whopping \$9.20! Such math makes clear where the big subsidies

design choices save costs. The resulting math has been powerful, revealing that tens of billions of dollars in public money have been spent on car-dependent suburban

you apply cold hard counting to the conversation. And that's before we even get to the many intangible and uncountable (but equally well-demonstrated) benefits



SKYLINE OF EDMONTON. Many of the biggest fear-based myths raised in city-building conversation are shown to be untrue when you apply cold hard math to the conversation. iStock

are, without even starting to count the broader environmental, economic, spatial and quality-of-life consequences of our movement choices. The less people need to drive, the less we all pay.

■ Another study in Copenhagen (where the full cost of transportation choices are routinely calculated) found that when you factor in costs like time, accidents, pollution, and climate change, each kilometre cycled actually gains society 18 cents!

■ Over the last decade, Canadian cities like Calgary, Edmonton, London, Halifax, Regina and Abbotsford have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter

growth rather than on smart infill — and I haven't even yet seen such a study that includes *all* the full and life-cycle costs of our growth choices. Once these shocking numbers are revealed, municipal leaders can't “unknow” them, no matter what political ideology you live by.

Want more examples? There's math showing that replacing on-street parking with safe, separated bike lanes is good for street-fronting businesses. That crime goes down as density goes up. That you can move more people on a street when car lanes are replaced by well-designed space for walking, biking and transit.

Many of the biggest fear-based myths that get raised in city-building conversation are shown to be untrue when

of smarter city-making. It's important to remember that if we just throw a lot of numbers around, people can easily fall asleep. I sure would.

But when you combine this unprecedented understanding of the math of cities, with a much more engaging, personal and persuasive approach to story-telling, then the conversation can get much more interesting and successful. So that's why I now love math. If we're not boring about it, it can add up to much better cities.

Brent Toderian is a leading national and international city planner and urbanist with Toderian UrbanWORKS; Vancouver's former chief planner; & the President of the Council For Canadian Urbanism.

Council, bring some results in the new year

URBAN PARADIS

Danielle Paradis



The city has big plans for Edmonton's future — but will this turn out to be just talk, as has happened so many times in the past, like the slow winnowing away of the plans for Blatchford?

In the last regularly scheduled session of 2016, council reviewed their The Way Ahead plan and the feedback they received through consultation.

On the bright side for urban enthusiasts, council's strategic plan for 2019-'27 shows that it's led by progressive-minded individuals who plan big. The Way Ahead champions alternatives to single-occupant cars and diversifying Edmonton's economy through green technologies. But mishaps like the delayed Metro LRT line, delayed construction on the Walterdale bridge replacement, and the High Level bridge suicide barrier snafu cast doubt on their ability to deliver.

With a tax hike in a year containing the unpopular carbon levy at the provincial level, there's going to be increased scrutiny on council's spending. It's also an election year. And while the Big City charter is an attempt to fix the unreliable funding Edmonton and other cities receive from other levels of government, its ability to move forward on priorities like affordable housing remains reliant on those other governments.

So, from where I sit, as 2017 dawns there are a few big priorities that are set to define Edmonton for the next 10 years. Firstly, the focus on urban indigenous populations and reconciliation need to be

a part of the overall strategy rather than a separate project. Coun. Scott McKeen reminded everyone at that last 2016 council meeting that the city has an increasing indigenous population. Reconciliation can't be a one-off.

Then there's the problem of racism. Although Edmonton isn't labelled as Canada's most racist city — that honour went to Winnipeg — it has had its share of racist incidents including a family of refugees who woke up to find someone had poured acid on their car and in the gas tank. Or the man who scared two hijab-wearing Muslim women in the LRT by signing O Canada to them while holding a noose.

Thankfully, the community has always reached out with kindness after these incidents.

Still, there's a lot of work to do to make sure that Edmonton is as inclusive of a city as we want it to be, and hopefully public policy will take that into account.

After that, we really need to do something about Jasper Avenue. There's a proposal before council to narrow it between 109 Street and 124 Street, to help reduce the speed through the area and make the whole thing walkable. It's a decent idea that, despite keeping Jasper as a car focused street well into the future, is nonetheless going to see a lot of pushback from car-loving Edmontonians.

It's not just about big expensive projects. Something as simple as relaxing bylaws about sidewalk cafés can help the downtown vibe.

So far, we've seen a lot of councillors saying the right things, but not wanting to take risks. I hope we see a change this year. If not, at least there's an election.

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SKINCARE

Pseudo-science behind 'clean' beauty product trend: Experts

Melissa Dunne
For Metro Canada



Gwyneth Paltrow once infamously bragged about having the butt of a 22-year-old stripper, but perhaps she should have been bragging about having the skin of a 30-ish model.

Whether you love or hate the actress-cum-entrepreneur, one has to admit the skin of the 44-year-old looks ah-mazing on the cover of the new book Goop Clean Beauty, released last week.

The sleek tome, by the editors of her popular lifestyle publication Goop with a foreword by Paltrow, devotes a large chunk to the supposed superiority of "clean ... organic, non-toxic" beauty products.

Paltrow, or GP as she likes to call herself, is the latest in a long line of celebs to pitch "clean" makeup and skincare products to average Janes who don't have the skin of a star, but would like to.

Dr. Julia Carroll, a dermatologist with Compass Dermatology in Toronto, says there is immense interest, with patients asking her every day about these kind of products.

"GP's Essential Six" skincare

'Clean' beauty claims: To be taken with a grain of Himalayan crystal salt



items will cost you about \$1,000. Is it worth it? Likely not, said Timothy Caulfield, author of Is Gwyneth Paltrow Wrong about Everything?

The beauty products industry, both in Canada and the U.S., has little government regulation and consequently companies and celebrities have a very wide berth to make all sorts of "science-sounding" claims, he said.

Celebs like Paltrow and Jessica Alba are using fear, pseudo-science, and guilt to sell products to make a lot of money, said Caulfield in a phone interview from Calgary, where he is a Canada Research Chair in Health Law and Policy and a professor in the Faculty of Law and the School of Public Health at the University of Alberta. Carroll concurs.

"It's about profit," said the

skincare expert in a phone interview. "They're fear mongering."

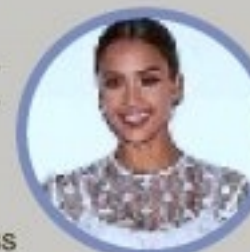
Carroll advises you take the often-outlandish claims of stars trying to sell you pricey beauty products with a very large grain of Himalayan crystal salt.

Let's face it — no amount of product is likely to give you GP's skin or butt. If you have an actual skin problem, see an actual dermatologist.

BRANDS

Honest Beauty

The Honest Company was co-founded by actress Jessica Alba and sells products made without a long list of what Honest Co. claims are "potentially health-compromising chemicals or compounds." Alba and co. are clearly onto something as Unilever PLC was reportedly in talks this fall to take over the brand for a valuation of about \$1.35 billion.



RMS Beauty

RMS Beauty was founded by makeup artist Rose-Marie Swift and sells what it calls organic colour cosmetics. The company states that all of their beauty products are: gluten free (with the exception of the volumizing mascara), GMO free, soy free, and nano free. Supermodel Gisele Bündchen is among stars who have endorsed the items, bearing the minimalist RMS logo.



BRAIN INJURIES

Push for sharper focus on effects of female concussions

Katherine Snedaker says she has had 20 concussions, the first three decades ago from a car accident when she was 16. But it wasn't until her son suffered a series of concussions in the sixth grade, around 2008, that she felt compelled to learn all she could about head injuries to help him recover.

During her journey of learn-

ing, she has become a nationally known advocate for better research, medical care, and support for girls and women with brain injuries, including concussions.

She founded her non-profit advocacy group PINK Concussions in 2013 in response to what she discovered was a lack of focus on female concussions. She formed

the group during a yearlong medical leave to treat breast cancer and while rebuilding her home, damaged by Superstorm Sandy.

Some studies show females suffer more concussions than males when playing similar sports. Doctors agree more research is needed on any gender differences and whether women experience more

severe symptoms or take longer to recover.

Most research has focused on men, especially dozens of former football players who died from a degenerative brain disease that has been linked to concussions.

"There's a lot we don't know," said Snedaker, 49, a clinical social worker who gave up her regular

job to advocate full-time at her own expense. "What I wanted to do was educate the public."

A major impetus to Snedaker's activism has been hearing stories in support groups and in surveys from women and girls suffering from concussions. Many shared similar stories of not healing as fast as people thought they

should, doctors minimizing their conditions and feeling isolated while recovering at home, she said.

"These girls had been cycled through the medical community and kind of spit out," Snedaker said. "What totally got me were these women who were isolated and alone." THE ASSOCIATED PRESS

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NEW YEAR PLANS

Keep resolutions within your budget

With the dawn of a new year, it's natural for people to see a bigger, better version of themselves over the next 12 months. But some of the most common promises we make can be costly. Here is how to keep them without breaking the bank:

Eat healthier

While food prices have been falling recently, they're expected to swing up again in 2017, which could make it more expensive to maintain a healthy diet. But it's possible to eat well on a budget, says Leanne Brown, author of the cookbook *Good and Cheap*. "The No. 1 thing you can do is really begin to embrace cooking," she says, encouraging the use of raw ingredients over processed ones as the latter tend to cost more. Other tips include buying items that can be used in multiple recipes, such as canned tomatoes; buying in bulk if possible; and slowly building a pantry full of staples. She suggests purchasing produce that's in season and always having eggs in the fridge, as they're a cheap and easy-to-cook source of protein. Before heading to the store, Brown recommends checking what produce is left in the house and figuring out a way to use leftovers, even if they're slightly wilted, to reduce waste.

Boost net worth

Canadians continue to rack up record amounts of debt, so it shouldn't be surprising that some may want to pay back their creditors or stash away a nest egg for the future. A DIY approach that doesn't require shelling out for a financial adviser or planner can work. "It doesn't have to be that complicated," says Shannon Lee Simmons, founder of the New School of Finance, a Toronto-based business that offers fee-only planning and personal finance e-courses. "You could do this all yourself with

just an Excel spreadsheet." For those looking for something more advanced, and willing to spend some money, Simmons says there are plenty of online courses that guide students through financial literacy basics or target specific life stages, like planning for a baby or house purchase.

Get fit

Boutique gym memberships, personal trainers and high-tech equipment can cost a bundle, but working out can be effective on any budget. There's a plethora of free or inexpensive exercise videos on the Internet people can follow along with at home, says Simmons. For people who want to learn from a personal trainer before starting to work out at home, Simmons recommends finding an expert willing to barter. Those wanting the camaraderie of a fitness class can scour coupon sites like GroupOn for deals or buy a pass like ClassPass that allows users to sample a wide range of gyms, she says.

Read more

It's not necessary to have a shiny, new e-reader and shelves of the latest books to be well-read. There are plenty of free or inexpensive options for stocking up on literature. Ask friends and family to swap or borrow books — also a good way to stumble into new genres — or shop in second-hand stores rather than buying new. Visit the local library. They also often lend e- and audio-books and passes to local attractions. Check to see if there are any so-called little free libraries in the neighbourhood — they come in the form of little wooden boxes often outside a home, filled with books for passersby to "take a book, return a book," according to the Little Free Library, an American non-profit organization that promotes literacy.

THE CANADIAN PRESS



Shannon Lee Simmons says boosting your net worth doesn't have to be that complicated. FRANK GUNN/THE CANADIAN PRESS

How would you like to tip zero per cent?

HOSPITALITY

Industry split on moving to non-gratuity model

Restaurant owners are grappling with the thorny and complex issue of balancing the huge discrepancy in income between servers and kitchen staff created by the current practice of tipping.

Front-of-house staff generally receive a gratuity of between 15 per cent and 22 per cent while cooks who make the food may labour for minimum wage.

"The truth is labour costs are going up, minimum wages are going up, restaurant margins are going down, and so in order to close that gap and keep people working in the kitchen, restaurants are going to start taking control of that tipping revenue as a way of just making sure they can continue to meet labour costs," says Mike von Massow, a professor in the department of food, agriculture and resource economics at the University of Guelph.

The issue of tipping differs depending on the industry sector — fine dining, casual or quick service.

"And even within the certain sectors — we've done some surveys and whether to move to a non-tipping model or not — our industry is split almost evenly on the issue," says Mark von Schellwitz, vice-president for Western Canada for Restaurants Canada, who is based in Vancouver.

"There's certainly no consensus on which way to go."

Proposed models include a hospitality charge, profit sharing or a hybrid plan in which there's a moderate increase in pricing along with a small service charge.

"I'm very much in favour of cooks and waiters and all restaurant employees making a living wage, which many of them don't at this time," says Anthony Bourdain, host of *Parts Unknown* which airs on CNN.

"Is the no-tipping, service-included plan the way to get there? I don't know. I'm open-minded about it. I tip 30 per cent. Everyone should, in my view, but absent that, I suspect it's the future."



An old tip jar at a coffee shop in Toronto makes a compelling argument for tipping. But the issue has become more complex this year. TORSTAR NEWS SERVICE FILE

Dining chain Earls launched a 16 per cent hospitality charge in July at its 67th location, in downtown Calgary, to test the waters.

Craig Blize, vice-president of operations says the experiment, which the company will begin to evaluate in January, has been "polarizing."

"A lot of our staff love it. Our kitchen staff definitely loves it and our support staff loves it and the majority of the servers do as well," says Blize, who is based in Vancouver.

"There have been some staff that have been disgruntled or haven't liked that option so we have moved them to other Earls where we do have tipping." There are no plans to roll the policy out to other locations.

Meanwhile, some guests love the all-inclusive charge while others "despise" it be-



Unless we're willing to pay more for food, which I think we should be doing anyway, I think tipping needs to be something we should still see as a valuable thing of celebrating getting good service.

Ned Bell, Vancouver Aquarium's Ocean Wise executive chef

cause they feel they've lost control over recognizing the service they've received. Earls.67 will waive the hospitality charge if a client is displeased with the food or service.

But evidence suggests people don't vary their tipping much whether they've received good or bad service, says von Massow. "It's a social norm. We just do it anyway."

In the history of gratuities, "tips" was an acronym for To

Insure Prompt Service.

"When it began originally, I believe it was in the U.K., the tip was paid before the meal, so you gave the server a little bit of money just to make sure you got good service, then it evolved to coming after the meal," says von Massow.

"In fact, most of Europe has moved away from tipping even though that's where it began. It's deeply rooted here."

THE CANADIAN PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Leaving us gasping for more



Music, directing, writing and acting come together in a startling way in Brit Marling's *The OA*. CONTRIBUTED

THE SHOW: *The OA*, Season 1, Episode 5 (Netflix)
THE MOMENT: The gasp (spoiler alert)

The *OA* (Brit Marling) and four others who've had near-death experiences are being held prisoner in adjoining Plexiglas cells by Dr. Hunter Hap (Jason Isaacs), who's desperate to prove there's an afterlife. But one of his experiments goes too far.

In grief and defiance, *The OA* begins a series of movements

she learned in the afterlife. In the next cell, Homer (Emory Cohen) joins in. (Music begins to play on the soundtrack.) The lights dim for night. The pair continue moving in the dark.

In the morning, Homer and the *OA* are still dancing. (The music changes.) Rachel (Sharon Van Etten) notices something in the next cell. (The music swells.) Homer and *The OA* dance. Suddenly, another character sucks in his breath.

Watching this in my office with headphones on, I sucked

in my own breath so loudly that my dog, asleep at my feet, woke up barking.

This series is impossible to describe. Essentially, it's about goodness, but it's all tone and mood.

The plot sounds absurd unless you're inside its spell. This is possible only because the creators — Marling and her frequent collaborator Zal Batmanglij write it, Marling stars in it, and Batmanglij directs — were able to realize a unified vision.

With most art, you aim for greatness and then accept when it eludes your grasp.

Here, Marling and Batmanglij create a perfect moment where writing, acting, direction and music come together in a way that's both startling and inevitable. That gasp is the rare sound of getting it right.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TELEVISION

Dispute over Carey's New Year nightmare

Dick Clark Productions is hitting back against Mariah Carey's claim it sabotaged her live performance on its New Year's Rockin' Eve special.

Carey's disaster during the annual New Year's Eve special in Times Square made international headlines: The superstar vocally stumbled through her short set, failing to sing for most of it despite a pre-recorded track of her songs playing in the background.

Carey was visibly upset during the performance and afterward tweeted "[expletive] happens." Her representative Nicole Perna blamed technical difficulties, and in an interview with Billboard she said Dick Clark Productions hampered Carey's performance.

"She was not winging this moment and took it very ser-



Mariah Carey and her team of dancers endured a mortifying New Year's Eve performance. EUGENE GOLOGURSKY/GETTY IMAGES

iously," Perna told Billboard. "A shame that production set her up to fail." Perna said Carey's earpiece wasn't working and she flagged the issue to the production team but was told it would be OK when she got on stage.

"However, that was not the

case, and they were again told that her earpiece was not working," Perna said. "Instead of endeavouring to fix the issue so that Mariah could perform, they went live."

In a statement released on Sunday, the production company called such claims "ab-

surd."

It said that in "very rare instances" there are technical errors that can occur with live television. It said an initial investigation, however, indicated it had no involvement in the challenges associated with Carey's performance.

"We want to be clear that we have the utmost respect for Ms. Carey as an artist and acknowledge her tremendous accomplishments," it said.

Perna later disputed the claim that Carey did not rehearse.

"Mariah did in fact rehearse at 3 p.m.," Perna said. "She went through vocals and her team ran through sound. All was well at rehearsal. She was prompt for rehearsal and her performance."

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HEALTH AND WELLNESS



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Adventures in eating for 2017

If naked eating, bugs, and healthy party food make your mouth water, then 2017 may be an exciting year. Here Nema McGlynn, a registered dietitian, shares her predictions for five nutritious eating trends.

1. Alternative proteins.

"Although meat isn't going anywhere, plant protein sources like nuts, seeds, beans, and grains are playing a greater role in our usual cooking repertoire. Insect-based foods like cricket protein powder and mealworm are popping up in grocery stores and are gaining a following with adventurous eaters looking for more sustainable protein sources," explains McGlynn. A recent survey suggests that global demand for alternative proteins is set to double by 2024.

2. Back to basics.

Nutritional information and food labelling are

hot-button topics, resulting in more people taking an interest in the value of what they're eating. More of us are looking for additive-free ingredient lists or simpler ingredient decks. Programs like Guiding Stars make it easy to gauge the nutritional value of products and will continue to be popular among time-strapped shoppers who may not know how to interpret nutrition tables.

3. Healthy entertaining.

Nutritious food is playing a greater role in the world of dinner parties and social occasions, but healthy entertaining will go beyond unabashedly serving nutritious meals to our guests. "Whether it's a post-workout snack with your running group or alcohol-free parties with other fitness-oriented friends, social eating is taking on a new face in this health-conscious era," says McGlynn.

4. Mindful eating and eating with purpose.

Although we don't think Instagram culture is going anywhere, we're seeing greater attention paid not just to what people are eating, but how they're eating it. McGlynn predicts that slowing down during meal time, turning off Netflix, and really understanding our food and where it comes from will make us happier and healthier in 2017.

5. Naked eating.

Raw and unprocessed foods look like they're going to be in vogue this year. We're seeing an upward trend in Google searches for the term "cold-pressed" and interest in foods like seaweed. It sounds like there's a lot of curiosity around cold-pressed juices, oils and coffee versus other juicing and oil extraction methods which heat up or blend the item.

—NEWS CANADA

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ISTOCK

Find help to deal with depression

It may be surprising to some but, worldwide, depression is the leading cause of disability. However, there are treatments available.

And one of those treatments includes the Nedley Depression and Anxiety Recovery Program, a comprehensive program to achieve optimal health, according to program director Marieann Hussell.

"Are you or your loved ones suffering from depression or anxiety? There is hope and this free, non-for-profit program offers solutions," she says, adding there is a free introduction to the program on Jan. 9 at the Millwoods All Nations Church.

"Not only will you learn how to identify depression and anxiety and the causes, you will also enhance your energy levels, sleep quality, mood, relationships and emotional intelligence."

Led by prominent mental health treatment

and research physician Dr. Neil Nedley, the Depression and Anxiety Recovery Program helps people suffering from depression find the keys to a new life in just eight weeks. By signing up for this valuable program, people will receive access to not only the eight-part DVD series but also the workbook and additional reading materials, which reinforce lessons from the DVD presentations and workbook exercises.

"By taking advantage of this opportunity, sufferers learn how to overcome depression and anxiety, find motivation to help achieve their goals, and achieve optimal mental health," Hussell says.

Those interested can attend the free introductory DVD presentation on Jan. 9 at the Millwoods All Nations Church.

For more information, visit 780-916-5268 or email millwoodsdepression101@gmail.com.

Get those beneficial bacteria known as probiotics

Daily multivitamins are great but are you also taking a daily probiotic?

If not, you should be, according to Simply Health franchiser Azim Velji, who says there are over 500 types of bacteria in the digestive system weighing about 4 pounds each, according to Simply Health franchiser Azim Velji.

"The bacteria that grow naturally in the intestinal tract aid in the nourishment and defense not only of the digestive tract but of the whole body," he says.

"These beneficial bacteria are known as probiotics but what do these bacteria do? Well, they do a lot of things including control inflammation, support the immune system, maintain health of the bowel, produce digestive enzymes and also help keep yeast, parasites and bad bacteria under control."

Many things can upset the balance of good bacteria in our bodies and that includes medications, stress, age, hormonal changes, poor diet and nutrient deficiencies.

"All of these can decrease the population of probiotics in our bodies. Things like broad spectrum antibiotics not only kill the bacteria we want to get rid of, but also the

good bacteria in the digestive tract. Other medications that upset the balance are anti-inflammatory drugs, birth control pills and steroids. The great news is that we can increase the friendly bacteria in our bodies by taking supplemental probiotics."

With so many probiotic supplements on the market, finding one that is right for you can be confusing, Velji adds.

There are two main probiotic strains are familiar; Lactobacillus for the small intestine and Bifidobacteria for the colon.

"A good rule of thumb is to look for a multiple strain probiotic with lots of L's for the 'little' intestine and B's for the 'big' intestine. Probiotics are vulnerable to the harsh environment of the stomach. Always look for a probiotic supplement that is protected from the stomach acid with enteric coating," Velji says, adding that it's important to make sure the potency advertised is per capsule not per serving.

Simply Health is an Edmonton and area health store with several locations. Specializing in supplements, minerals, vitamins and more, Simply Health is known for its leading customer care.



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CLEANSE

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- CleanseSMART is an advanced total body cleanse that works on every area of elimination: lungs, liver, kidneys, skin, blood, lymphatic system and colon. It is designed to work without the need to follow a strict diet.
- Cleansing 2-4 times per year can help ensure good health, reduce the risk of disease, and increase energy levels.
- CleanseSMART is a 30 day, total body cleanse that works to eliminate toxic materials from the body and improve liver and bowel function without the use of harsh laxatives.

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30 Days



First Cleanse

- First Cleanse is a 15 day total body herbal cleanse, formulated specifically for the 'first time' or 'sensitive' cleanser. First Cleanse is strong enough to be effective, yet gentle enough to ease the body into the process of cleansing and detoxification.
- With the amount of toxins we encounter every day, cleansing is no longer an option, it's a necessity. First Cleanse is designed to stimulate the body's 7 channels of elimination: liver, lungs, colon, kidneys, blood, skin, and lymphatic system.
- First Cleanse is designed to work regardless of diet or lifestyle making it the perfect introductory cleanse.

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Rapid Cleanse

- Rapid Cleanse is a therapeutic strength cleansing program that works to cleanse and detoxify your entire body in 7 days.
- Rapid Cleanse is perfect for those that only wish to perform a short term cleansing program, would like to cleanse to jumpstart weight loss or those individuals who would prefer to do a shorter cleanse but demand results.
- Rapid Cleanse contains three parts. The morning formula focuses strongly on the liver and kidneys while the evening formula cleanses the colon without the use of harsh laxatives. The third part is a daily dosage of fibre to help absorb and eliminate any released toxins from the body.

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- CleanseMORE is an effective colon cleansing product that works for relieving occasional constipation.
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FOLLOW US:

Roger Federer returned from six months on the sidelines with a knee injury to beat Dan Evans 6-3, 6-4 on Monday at the Hopman Cup



Stephens gives Canada boost in return vs. Czechs

WORLD JUNIORS

Red and white hosts through to semifinals

Mitchell Stephens returned from injury to score a goal and set up two more as Canada downed the Czech Republic 5-3 in a quarter-final on Monday at the world junior hockey championship.

Julien Gauthier, with two, Blake Speers and Thomas Chabot also scored for Canada, which advanced to a semifinal on Wednesday against Sweden. The Swedes downed Slovakia 8-3 in their quarter-final.

David Kase gave the Czechs the first-period lead. Kelowna Rockets forward Tomas Soustal got one in the second frame and Simon Stransky of the Prince Albert Raiders scored in the third as the Czechs were eliminated.

Stephens missed Canada's last two games with an undis-

closed injury, but the Tampa Bay Lightning prospect showed no ill effects in a game Canada dominated 41-19 in shots. Stephens, Chabot and Gauthier were on the Canadian team that lost in the quarter-finals of last year's world juniors in Helsinki.

Canada had an 11-4 shot advantage in the first period, but the underdog Czechs caught a break for the only goal at 16:49 when a puck deflected in front of Connor Ingram and looked to be going well wide

MONDAY in Montreal



+ MORE SCORES

QUARTER-FINALS
Russia 4, Denmark 0
Sweden 8, Slovakia 3
U.S. 3, Switzerland 2

when it struck Slovak referee Jozef Kubus and bounced straight to Kase alone in front of the net. His quick shot went under Ingram's arm to give the Czechs the lead.

Speers, celebrating his 20th birthday, went to the net to redirect Stephens pass behind Jakub Skarek 3:45 into the second frame.

Anthony Cirelli won a draw from Michael Spacek directly to Stephens for a quick shot inside the near post at 7:27.



Blake Speers celebrates his second-period goal against the Czech Republic on Monday at Bell Centre. MINAS PANAGIOTAKIS/GETTY IMAGES

Fans in the less-than-half-full Bell Centre groaned as Soustal used a toe drag on a rush to get around Noah Juulsen and score on only the Czechs' sixth shot at 8:53, but Chabot restored Canada's one-goal lead when



Mitchell Stephens
MATTHEW MURNAGHAN/HOCKEY CANADA

he stickhandled through the defence and scored from the slot at 13:32.

Gauthier scored on a feed from Nicolas Roy 3:18 into the third, but Stransky got it back at 5:54 as he swiped Ingram's big rebound into an open side on the backhand.

Gauthier got another at 6:37 as he banged in Matt Barzal's rebound.

Canada routed the Czechs

twice before the tournament — 8-0 during their selection camp in Boisbriand, Que., three weeks ago and 5-0 in an exhibition game in Ottawa on Dec. 21.

Defenceman Philippe Myers, who suffered a concussion in the final preliminary round game against the U.S., did not play. His spot on a pairing with Thomas Chabot was taken by Kale Clague.

THE CANADIAN PRESS

IN BRIEF

Duke's Coach K slated for time off after back surgery

Hall of Fame Duke basketball coach Mike Krzyzewski is stepping away from the team to have lower back surgery.

The school announced Monday that the procedure is scheduled for Friday, with an anticipated recovery time of four weeks. Krzyzewski, 69, will coach Wednesday night's game against Georgia Tech before handing off to associate head coach Jeff Capel. THE ASSOCIATED PRESS

Trojans conquer Penn State with late rally

Matt Boermeester kicked a 46-yard field goal as time expired, and No. 9 Southern California rallied from a 14-point deficit in the fourth quarter for a spectacular 52-49 victory over No. 5 Penn State on Monday night in the highest-scoring Rose Bowl ever played.

Freshman Sam Darnold passed for 453 yards and five touchdowns in leading the jaw-dropping comeback.

THE ASSOCIATED PRESS

Houston's Harden delivers another triple-double

James Harden had 23 points, 10 assists and 10 rebounds to lead the Houston Rockets to a 101-91 win over the Washington Wizards on Monday night.

Harden's ninth triple-double of the season was a rocky encore to New Year's Eve when he had 53 points, 17 assists and 16 rebounds against the Knicks and became the first-ever NBA player to put up a 50-15-15 game.

Harden had six turnovers and was just two for 11 on three-pointers after going nine for 16 against New York. THE ASSOCIATED PRESS

Butler goes off for 52 as Bulls top Charlotte

Jimmy Butler scored 52 points and outduelled Kemba Walker, carrying the Chicago Bulls in a 118-111 victory over the Charlotte Hornets on Monday night.

Butler was a point shy of his career high.

Walker had 34 points and 11 rebounds.

THE ASSOCIATED PRESS

+ AROUND THE NHL

Even-strength boom

The NHL's current leader in even-strength points? Not Sidney Crosby, Evgeni Malkin or even Connor McDavid, but

the Columbus Blue Jackets' 24-year-old winger Brandon Saad, who has 31 such points in 35 games this

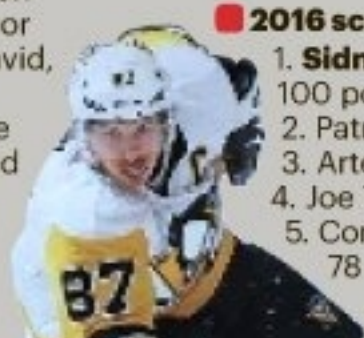
season.

Columbus keeps trucking

Columbus extended its shocking win streak to 15 games over the weekend, ending Minnesota's equally surprising 12-game run.

2016 scoring leaders

1. Sidney Crosby: 100 points
2. Patrick Kane: 87
3. Artemi Panarin: 81
4. Joe Thornton: 80
5. Connor McDavid: 78



GETTY IMAGES

WINTER CLASSIC

Blues triumph in open air

Vladimir Tarasenko looked quite comfortable at Busch Stadium. It turns out his wicked wrist shot works outside, too.

Tarasenko scored two goals in the third period, Jake Allen stopped 22 shots and the St. Louis Blues beat the Chicago Blackhawks 4-1 in the Winter Classic on Monday at the longtime home of baseball's St. Louis Cardinals.

It was 46 F when play began before a sellout crowd of 46,556, the sixth largest for a Winter Classic. It was the 21st regular-season outdoor NHL game.

THE ASSOCIATED PRESS



Vladimir Tarasenko scored a pair on Monday at Busch Stadium in St. Louis. DILIP VISHWANATH/GETTY IMAGES

Seahawks on low trajectory

NFL

Recent woes not enough to break NFC West champs' faith

For the fifth straight season, the Seattle Seahawks have won 10 games and are headed to the playoffs, the longest such streaks in franchise history.

So why does this division title and playoff appearance feel so underwhelming? It's because unlike the previous four playoff appearances when the Seahawks were rolling headed into the playoffs, this time Seattle is limping into the NFC wild-card game against Detroit on Saturday night.

The latest example came in Sunday's regular-season finale against San Francisco when Seattle slogged its way to a 25-23 victory that again raised more questions than provided answers about what to expect when the playoffs arrive.

But even with the lacklustre performance in the latter half of the season, Seattle coach Pete Carroll believes the Sea-



Seahawks linebacker Bobby Wagner, left, recovers a fumble against 49ers quarterback Colin Kaepernick in Santa Clara, Calif., on Sunday. THEARON W. HENDERSON/GETTY IMAGES

hawks have the pieces for a playoff run.

"I think we've got great leadership. We've got a lot of young guys and we're bringing them with us," Carroll said during his radio show on KIRO-AM on Monday morning. "It's a

79

Seattle averaged just 79 yards per game rushing in its final three matches.

great challenge, a great exercise in putting it together."

Seattle is playing on wild-card weekend for the second straight year after squandering its chance at a bye with a home loss to Arizona in Week 16. Facing the lowly 49ers was sup-

posed to be Seattle's opportunity to get itself pointed in the right direction headed into the playoffs. And while the win can't be discredited, the fashion in which it happened failed to provide much confidence.

Seattle fell behind 14-3, needed a huge turnover to get back into the game in the first half and nearly watched the 49ers rally in the fourth quarter before running out the clock.

For all the issues that have surfaced late in the season for Seattle, the Seahawks may have drawn the best possible match-up to open the post-season. Detroit lost its final three games of the regular season, was worse than Seattle at running the ball and doesn't have a defence most would consider on the same level as the Seahawks.

Then again, Seattle was supposed to blow out the 49ers to head into the playoffs on the rise.

"It's kind of like a new season now," Seattle tight end Luke Willson said. "Obviously everyone wants a bye, but that doesn't really matter to us now. We don't have it, and we can't look too far forward."

THE ASSOCIATED PRESS

+ NFL NOTES

Broncos coach resigns

Denver Broncos coach Gary Kubiak stepped down from his dream job on Monday because of health concerns, saying "the demands of the job are no longer a good fit for me."

Kubiak missed a week of work in October after suffering a complex migraine, his second health scare in three years.

Browns land No. 1 pick

A 1-15 record earned the Cleveland Browns the top pick in April's NFL draft.

The Browns have twice used the No. 1 overall selection since joining the league in 1999. San Francisco (2-14) will pick second.

Peterson believes there's more football left in him

Adrian Peterson says he believes he's fit to play several more seasons in the NFL, even if that's elsewhere from Minnesota.

A torn meniscus in his right knee limited the 31-year-old running back to just three games this season.

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NCAA FOOTBALL

Trojans come storming back

Matt Boermeester kicked a 46-yard field goal as time expired, and No. 9 Southern California rallied from a 14-point deficit in the fourth quarter for a spectacular 52-49 victory over No. 5 Penn State on Monday night in the highest-scoring Rose Bowl ever played.

Freshman Sam Darnold passed for 453 yards and five touchdowns while leading a jaw-dropping comeback for the Trojans (10-3), who won their ninth consecutive game and won their first Rose Bowl since 2009.

"It was a whole team effort," Darnold said. "That's the way it's been all year. We never gave up."

The Trojans were almost finished when they trailed 49-35 with nine minutes to play, but Darnold and the Trojans had something extra in one of the most entertaining chapters in



USC kicker Matt Boermeester celebrates his game-winning 46-yard field goal in the Rose Bowl.

KEVORK DJANSEZIAN/GETTY IMAGES

the 103-game history of the Granddaddy of Them All.

Deontay Burnett, who had three TD catches, caught a tying 27-yard scoring pass from Darnold with 1:20 left to cap

+ ALSO MONDAY

COTTON BOWL

Wisconsin 24, W. Mich. 16

OUTBACK BOWL

Florida 30, Iowa 3

an 80-yard drive in 38 seconds with no timeouts remaining.

Leon McQuay III then intercepted a long pass by Trace McSorley and returned it 32 yards to the Penn State 33 with 27 seconds left to set up Boermeester, who missed two earlier field goals.

McSorley passed for 254 yards and threw two of his four touchdown passes to Chris Godwin for the Nittany Lions (11-3), who had won nine in a row.

THE ASSOCIATED PRESS

metro OBITUARIES

Metro is now publishing Obituary notices

To place a notice, go to obits.metronews.ca

HOLIDAY PLAY ANSWERS

Your crossword and Sudoku answers from the Dec. 26 play page.

for more fun and games go to metronews.ca/games



4	6	3	2	9	5	7	1	8
5	2	1	7	6	8	3	4	9
7	9	8	1	3	4	6	5	2
1	3	4	8	2	6	5	9	7
6	7	2	5	1	9	8	3	4
9	8	5	3	4	7	1	2	6
3	4	7	6	5	2	9	8	1
2	1	6	9	8	3	4	7	5
8	5	9	4	7	1	2	6	3

PREMIER LEAGUE

Reds' win streak ends with 2-2 draw

Jermain Defoe denied Liverpool a fifth successive English Premier League win by scoring twice to give struggling Sunderland a 2-2 draw on Monday.

Sadio Mane, playing his final game before heading to the African Cup of Nations with Senegal, looked to have won the game for Liverpool in the 72nd minute after Defoe had

cancelled out Daniel Sturridge's opener by converting a penalty.

However, Mane's handball with five minutes presented a second penalty that Defoe also scored to secure a valuable point in Sunderland's bid for survival.

Liverpool is in second place, five points behind Chelsea, which can pull eight points clear of Jurgen Klopp's side

with a victory at Tottenham on Wednesday.

The manner of Liverpool's 19th-minute opener jarred with the quality of the early attacking play in northeast England. Defender Dejan Lovren scuffed his attempted volley from James Milner's corner harmlessly into the ground but saw the ball bounce up off the turf for

Sturridge to head past helpless goalkeeper Vito Mannone from close range.

But Sunderland was level six minutes later. Liverpool defender Ragnar Klavan clumsily upended midfielder Didier Ndong as he burst into the penalty area and Defoe slammed the resulting penalty into the bottom corner. THE ASSOCIATED PRESS

ON MONDAY

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| • Hard time | • Curse etc... | • Lotto number | • Divorce |
| • Drinking problems | • Children/Family problems | • Spousal conflicts | • Miscarriage |
| • Witch craft | | • Love & marriage | |

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MAKE IT TONIGHT

Spicy Curried Pumpkin Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've packed this soup with vitamin-rich pumpkin, spices and creamy coconut milk.

Ready in 40 minutes

Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 or 2 plugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 x 14 oz. pumpkin purée (not pie filling!)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 x 14 oz. coconut milk (Try lite for all the flavour and less fat)

Directions

1. Warm olive oil in a large pot over medium heat. Add onions and garlic until they soften. Now add spices and let cook a few minutes. Keep stirring so they don't start to stick to the bottom of your pot.

2. Empty pumpkin purée into the pot and give it a mix with the onions and spices. Now add stock, water and coconut milk. Let simmer about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting into the blender in batches to purée or just giving a whiz with a submersion blender. Warm again and serve.

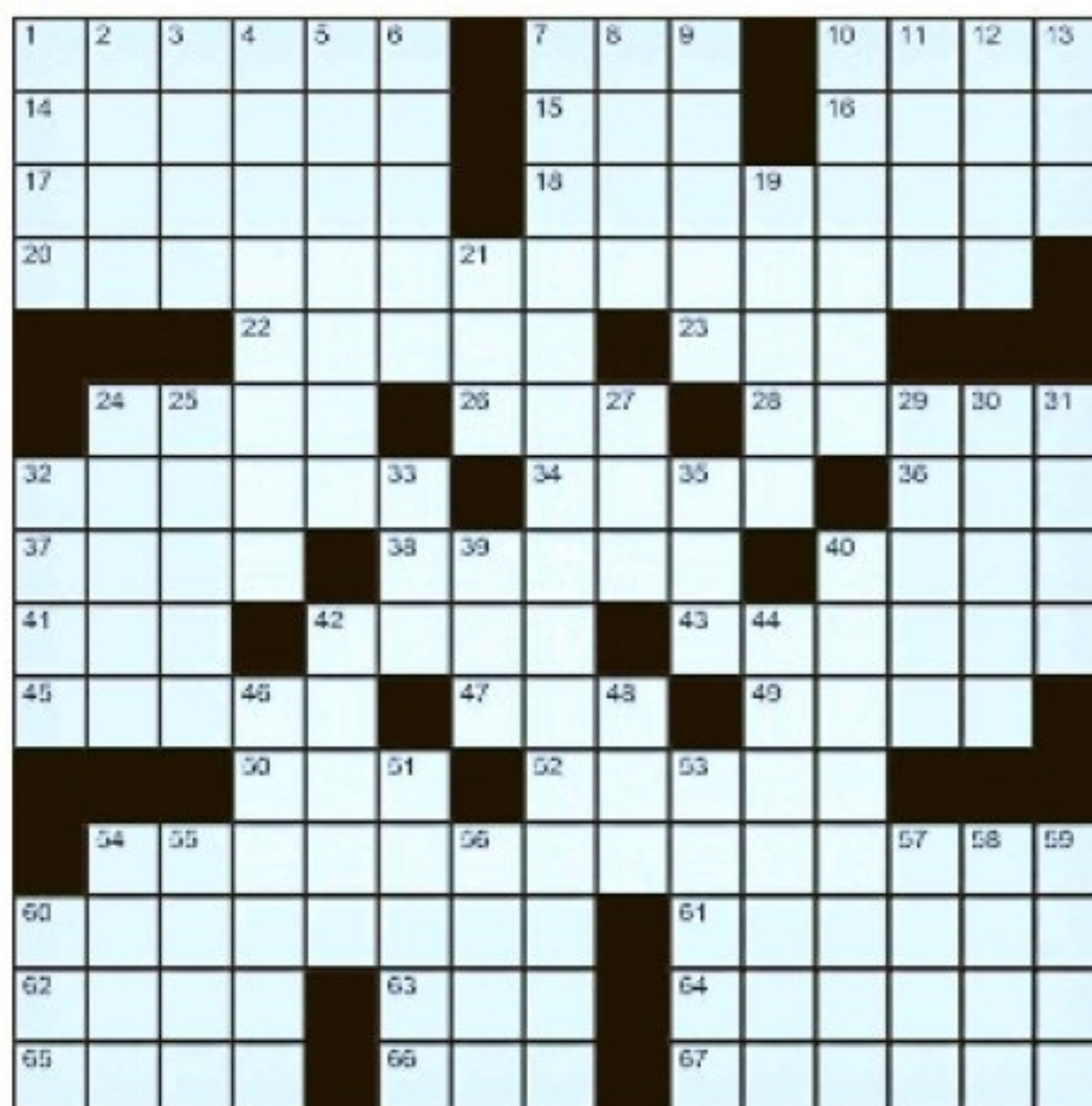
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Lorraine of "Rizzoli & Isles"
- And so forth [abbr.]
- Niagara-on-the-Lake theatre festival
- Lucy Maud Montgomery's gig
- Bucharest money
- Skier's one-of-two
- Trickiest
- Town in central Alberta
- Taking the stairs instead of the escalator when possible, having an apple instead of apple pie, etc.: 2 wds.
- Anteater's nozzle
- Traveller's way, briefly
- Vintage arcade game, _-Ball
- "Hello" singer's initials-sharers
- No _ Salt (Food label info)
- Shaped like a box
- 'Alphabet' suffix
- Cubed food flavouring brand
- Some sea birds
- Desi Arnaz's actress daughter
- Montreal 'honey'
- "House" actor Mr. Penn
- Prince Charles, some day
- Putter's positioning
- Playwright's production place
- Match
- Down Under boots
- Tolkien creature
- Dick _ Jr. (Canadian broadcasting legend)



- They're quite helpful in making Resolutions turn into realities: 2 wds.
- 'Canada's Victorian Oil Town', located in southern Ontario near Samia
- Figure*off/speech
- Shield border

- Person in command [abbr.]
- Capital of Kansas
- Podium
- French language possessive
- "_ House" (1978)

DOWN

- Big party

- Sporting guideline
- "Right back _ _"
- (Same to you!)
- Bill and Hillary's daughter's namesakes
- Kevin of "Field of Dreams" (1989)
- Prefix to 'dontist'

- (Teeth specialist)
- Instruments in Randy Bachman's collection: 2 wds.
- High- _ (Electronically advanced)
- "My Fair Lady" (1964) director George
- Made the recipe 'hot'

- Digger's creation
- Shakespeare play title-starter
- Mini
- St. _ (District of Winnipeg)
- Montreal airport code
- Gym movement for legs
- "_ Fran and Ollie"
- Biology, e.g.
- Faring
- Business big-wigs, briefly
- Chiquita's competitor
- _ Fifth Avenue
- Inventor Mr. Whitney
- Ancient bronze money
- Cologne conjunction
- Hawaii-set crime/action show of '80 to '88: 2 wds.
- The Way of the Sword
- Collegiate cost
- Styles
- 'Bit' of breakfast
- Driving costs
- Panorama
- Michael of "Juno" (2007)
- Mythical Hun king
- Military assistant
- Carpe _ (Seize the day!)
- Betty White's "Hot in Cleveland" character
- Sigil
- Pocket-full-of-peas

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to wrap up old business with bosses, parents and VIPs. In fact, you will be surprised at how quickly this can be done.

Taurus April 21 - May 21
You will be pleased to know how fast you can finish school papers or writing projects. That's because it's the perfect day to "finish" things.

Gemini May 22 - June 21
During a discussion with others, you can wrap up loose details about taxes, debt, insurance issues, shared property and inheritances. It's a good day to get these things done.

Cancer June 22 - July 23
Conversations with partners and close friends will be pleasant and practical at the same time today. Fortunately, all parties are interested in getting things done.

Leo July 24 - Aug. 23
You can expect to be involved with your job in a hands-on way today. Roll up your sleeves and dig in, because once you make the effort, you will be pleased with the results.

Virgo Aug. 24 - Sept. 23
If you write, act, teach or work in the arts, you will be creative today. You will see how to present things in the most attractive way possible.

Libra Sept. 24 - Oct. 23
Family discussions, especially about home repairs or practical matters, will go well today. People are friendly and co-operative. What more could you want?

Scorpio Oct. 24 - Nov. 22
This is a strong day for writers, actors and teachers, as well as sales and marketing professionals, because your speech will be charming.

Sagittarius Nov. 23 - Dec. 21
Business and commerce are favored today, which is why you should respect your money-making ideas. If out shopping, you will want to buy beautiful things for yourself and loved ones.

Capricorn Dec. 22 - Jan. 20
You might run into someone from your past today. If so, the conversation will be pleasant, although a bit superficial. This is not surprising, is it?

Aquarius Jan. 21 - Feb. 19
Someone younger might have bright ideas about how to boost your income or spend your money on a meaningful purchase. It never hurts to listen, does it?

Pisces Feb. 20 - March 20
A conversation with a boss or parent will go well today. People want to help you, and you are ready to say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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